

Montgomery County Commission for Women Counseling & Career Center

401 Hungerford Drive, First Floor, Rockville, MD 20850

OFFICE HOURS: Monday, Thursday & Friday 8:30 a.m. - 5 p.m. and Tuesday & Wednesday 12:30 - 9 p.m.

Office Closed on Monday, May 30, 2011 for Memorial Day
240-777-8300 www.montgomerycountymd.gov/cfw

May 2011 WORKSHOPS

Please arrive 15 minutes before workshop to sign in. Workshops will begin on time.

Pre-registration and payment are requested for all workshops.

A sliding fee scale for workshops and counseling is available for Montgomery County residents, based on household income and family size.

CAREER & PERSONALITY ASSESSMENTS

STRONG INTEREST INVENTORY

Tuesdays, May 3 & May 24, 2011,
7 - 8:45 p.m.

One of the most respected and widely used career planning instruments in the world, the Strong Interest Inventory is recommended for anyone making decisions about occupational choices, career direction, and job satisfaction.

The Strong Interest Inventory will provide you with a personal profile of your vocational interests and characteristics, occupations which seem best suited to you, and will identify your optimum career choices based on your interests.

In the 1st session you will take the test, and the 2nd session will be a group interpretation of test results.

Presenter: Roberta Penn Buckberg, M.A.
FEE: \$50

FINANCIAL SECURITY

FINANCIAL PLANNING FOR RETIREMENT DURING UNCERTAIN TIMES

Wednesday, May 25, 2011, 6:30 - 8:30 p.m.

Are you concerned about your finances during retirement? Do you ever ask yourself: "When can I afford to retire?" "How should I manage my retirement funds in today's economy?"

Come and learn how to maximize your finances for retirement. Some of the topics will include:

- **how to reallocate your investments before retirement**
- **safety nets to protect your nest egg**
- **health care options in retirement.**

Presenter: Jamie S. Lapin, CFP, CDFA
FEE: \$20

LEGAL CALL-BACK PROGRAM (240) 777 - 8300

Legal questions are answered by phone on a call-back basis. Local attorneys provide free telephone consultations on specific questions.

BUSINESS AND PROFESSIONAL DEVELOPMENT

EFFECTIVE JOB SEARCH STRATEGIES

Tuesday, May 10, 2011, 6:30 - 8:30 p.m.

Looking for employment in today's job market can be challenging. Come to this workshop and learn about using strategies like contacting professional associations, doing volunteer work, networking and using the internet efficiently to research companies, identify openings, make contacts, search for positions, and post your resume. These strategies will maximize your chances of landing a job and allow you to continue to build your skills and marketability.

Presenter: Melissa Fireman, M.S.
FEE: \$20

NETWORKING FOR SHY PEOPLE

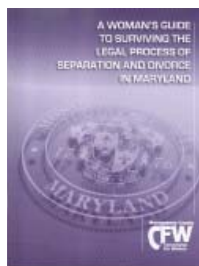
Wednesday, May 11, 2011, 6:30 - 8:30 p.m.

Do you prefer to have just a few close friends? Are you more energized when you spend time with yourself instead of others? If so, you might be an introvert. As an introvert, you have a number of very wonderful and important natural gifts and talents that can help you build strong professional and personal networks.

Come and learn how to use your introvert advantage to network more effectively.

Presenter: Susanne Maurer, M.A., LCP
FEE: \$20

A Woman's Guide to Surviving the Legal Process of Separation and Divorce in Maryland



\$5 - Walk-in purchase
\$8 - Mail-order purchase

240-777-8300

Also Available in Spanish
Disponible en Español

IMPORTANT PARKING UPDATE

Our building at 401 Hungerford Drive is still undergoing repairs to its parking garage. The visitor parking spaces are very limited.

The nearest parking facility is the Rockville Town Square parking garage, just one block south of us on Hungerford Drive/Rt. 355/Rockville Pike at the intersection of Beall Avenue. This is the corner nearest the CVS drugstore. Parking at this garage is \$1 per hour, and the pay stations accept cash or credit cards.

Website of Map to Town Center Park:
www.rockvillemd.gov/towncenter/parking

SOCIAL NETWORKING 101:

How to Use LinkedIn and Twitter for Career Advancement

Thursday, May 19, 2011, 2 - 4 p.m.

Social networking has become the most popular tool to connect with others.

Designed for the inexperienced social networker, this workshop will cover:

- **how to use LinkedIn, Twitter, and Blogs to connect and reconnect with professional contacts**
- **ways to research companies and find employment**
- **the do's and don'ts of creating a social networking profile**
- **strategies to manage your online presence for optimal career branding**
- **how to develop a personal marketing strategy using social networking**

Presenter: Melissa Fireman, M.S.
FEE: \$20

HIGH IMPACT RESUMES

Monday, May 23, 2011, 10 a.m. - noon

Learn how to write a resume which will best suit your skills and experience. Resume formats, electronic resumes and letters, cover letters, and references will be discussed.

Presenter: Rachel L. Manchester, M.S.
FEE: \$20

PERSONAL GROWTH & OPTIMUM LIVING

DECISIONS, DECISIONS! How to Clarify and Ease Your Decision Making Process

Monday, May 9, 2011, 10 a.m. - noon

The decisions you make, small, strategic or life changing, can be difficult. All require consistency and determination to accomplish the changes you want at home or at work. This workshop will help you to identify the components of decision-making, move more easily through the process, and arrive at a satisfactory outcome.

Presenter: Sandra Van Fossen, M.A.
FEE: \$20

YOU CAN DO IT!

Confidence Building for Women

Friday, May 13, 2011, 10 a.m. - 1 p.m.

What would you do today if you knew you could not fail? Confidence is like a muscle. The more you exercise it, the stronger you get. What would you need to change to trust yourself, be more self-reliant, self-assured and bold? How would this new found confidence help you achieve your goals?

This day-long workshop will focus on strategies for building self-assurance and taking powerful action

Presenter: Sharon Fountain, M.S.
FEE: \$30

HEALTHY RELATIONSHIPS:

Building Better & More Loving Partnerships

Monday, May 16, 2011, 1:30 - 3:30 p.m.

Designed for people who are, have been, or expect to be in an intimate relationship, this workshop will focus on different relationship stages and various techniques that will help couples stay connected in healthy, effective and rewarding ways.

Presenter: Fran Berger, LCSW-C
FEE: \$20

DEALING WITH ANGRY PEOPLE

Tuesday, May 24, 2011, 1 - 3 p.m.

Learn how to respond to someone else's anger and defuse arguments. Develop strategies to help you in your day-to-day interactions with difficult people.

Presenter: Janet Akman, LCSW-C
FEE: \$20

INFORMATION & REFERRAL SERVICE (240) 777 - 8300

Having trouble locating resources in the community? Trained Information & Referral Specialists can help you find agencies that can provide assistance.

SEPARATION & DIVORCE

DIVORCE LEGAL SEMINAR - PART 1 Overview of Non-Child Related Issues

Tuesday, May 17, 2011, 7 - 8:45 p.m.

This seminar will cover: **grounds for divorce, spousal support, property distribution, settlement agreements, choosing an attorney, and methods of dispute resolution other than litigation.**

Presenter: A Family Law Attorney from the Montgomery County Bar Association

FEE: \$20
***MATERIALS FEE:** \$5 due at the time of workshop

DIVORCE LEGAL SEMINAR - PART 2 Overview of Child Related Issues

Tuesday, May 24, 2011, 7 - 8:45 p.m.

This seminar will focus on: **legal and physical custody, visitation, child support and health insurance.**

Presenter: A Family Law Attorney from the Montgomery County Bar Association

FEE: \$20
***MATERIALS FEE:** \$5 due at the time of workshop

***The materials fee is for the purchase of A Woman's Guide to the Separation and Divorce Process in Maryland. This book will be the reference for the Divorce Legal Seminars (Parts 1 & 2). If you already have a copy, please bring it to the workshop for your use.**

MEDIATION SEMINAR: DIVORCE WITH DIGNITY

Wednesday, May 18, 2011, 7 - 8:45 p.m.

A marital break-up can be one of life's most difficult experiences. Mediation offers an effective and humane way to negotiate the difficulties of separation and divorce with a minimum of tension, conflict, and damage to a family's emotions and finances. This workshop explains: **how mediation works, what topics are covered, how to choose a mediator and what to expect in terms of cost and time.**

Couples are encouraged to attend.

Presenter: John Spiegel, JD, Family Mediator
FEE: \$20 per person

DIVORCE, MONEY & YOU

Thursday, May 19, 2011, 10 a.m. - noon

Divorce can be a difficult and painful process. There are ways to lessen the stress of starting out anew.

Come and learn why divorcing couples need to carefully consider the financial outcomes of divorce and how both partners can obtain equitable financial settlements.

Presenter: Jamie S. Lapin, CFP, CDFA
FEE: \$20

AFFORDABLE COUNSELING

The Montgomery County Commission for Women Counseling & Career Center

- offers affordable short-term goal oriented career, personal and couples counseling for adults
- provided by a professional staff of licensed clinical social workers, licensed clinical professional counselors and other mental health professionals
- sessions are \$50 each (A sliding scale discount may be available for Montgomery County residents)
- also available in Spanish and Mandarin on a limited basis

PERSONAL COUNSELING FOR INDIVIDUALS & COUPLES

Personal counseling for adults addresses a wide variety of issues and concerns, which include:

depression
anxiety
loss & grief
loneliness
stress
trust
anger
relationship issues
decision-making
low self-esteem
transitions
communication skills
adjusting to separation & divorce

CAREER COUNSELING

Goal-oriented counseling is designed to assist adults with career issues and concerns such as:

job loss	networking skills
career change	resume development
entering or re-entering the work force	exploring education and training
goal setting	career advancement
skill identification	interviewing techniques
dealing with difficult people in the workplace	

To schedule an appointment, call 240 - 777 - 8300